

# The Voice Box

*Seeking to Discover Knowledge and Understanding*

## *Development*

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### **Waking Up Your Ability**

Just about all cars these days come with a built in radio as standard. Likewise our bodies come with psychic intuition built in as standard, but like the car radio, it is up to us whether we switch it on or not! To get the best from our car radio, we need to tune into various stations. Likewise, to get the best from of psychic gifts we also need to tune in to the signals and vibrations that are around us. If we keep with this analogy we could also say that some cars come with a higher quality radio receiver, and so it is true to say that some people come with a higher or stronger psychic reception. But you can upgrade the radio, just like you can tune in your psychic skills.

I hope that answers the common question; “am I psychic?” Because the answer is “yes you are!” So how do we switch it on and off and begin? If you are reading this then you have already begun. The first step to waking up your psychic faculty is to admit that you have one. It takes a while for the subconscious to be able to communicate with the conscious mind, and the best way to start this is to simply start thinking about it. For example, you could say to your self; “I am psychic” and say it on a daily basis and believe it. Try, if possible to discuss it with whoever is willing listen. All these thoughts have a positive effect on developing your gift. You should also try to read about the subject, again this helps to wake things up, there are lots of books available. Knowledge does help, as you need some understanding of how things work. However, do not overdo the reading as it could become confusing and counter productive.

Adopt the policy that you would take with a new hobby. Become involved with it, buy books and magazines, and look for more information on the internet. Become familiar with the various approaches and opinions and start to develop your own ideas. Deal directly with what appeals to you, which your logic finds reasonable. Disregard what you find difficult to accept, you can always return to it at a later date when you have a greater understanding.

If possible attend psychic workshops; these are usually one-off seminars on a particular aspect of metaphysical studies. Look for group training, some mediums offer courses for a limited number of people at a very reasonable cost. Spiritualist churches often have training circles or something similar, so make enquiries.

Use your gift! Even if you are unsure whether it is working or not. Don't get upset if you get things wrong, keep going. You will find that in time progression comes naturally. So decide what you want and what method you are going to use. Do not rely too much on divination cards (like tarot) at first. I say this because you need to be able to sense the problems and answers yourself, with you psychic gift, not be just what is in front of you. This may make it harder, but ultimately more fulfilling and you will become a better psychic and medium long term.

## **Focus Tools:**

You may have noticed that many psychics who advertise, list a number of skills, typically these skills might include Tarot, Crystal Ball, Palmistry, Psychometry etc. All of these things are focus tools. They represent something physical and tangible with which to work and can be a great help. Psychics and mediums talk about 'tuning in' to their clients or the spirit world, and these objects help them to focus their thoughts. So regardless of what it is, tarot cards or crystal balls, we have something to concentrate on. Working with psychic intuition or talking to spirit means working with energy and thought, not matter. So these things act as a bridge or a stepping stone to that realm. Your mind will have become used to receiving information with your usual senses and it will take time for it to accept this transition, so make use of these tools.

Let's choose Psychometry as an example of working with focus tools and apply our psychic intuition. While holding an object belonging to someone, start to relax, slow down, close your eyes and let the object 'connect' with you. Feel its texture and shape; let the object become imprinted on your mind. Communicate with the object; remember it is linked to the owner. Imagine information entering in through your fingertips, going up your arm and finally entering your thoughts. It is a constant stream of energy of which you will see just parts, flashes of scenes, fleeting memories or feelings. Mention them all, say what you see and perceive.

To begin with, all we want is to recognise information that can be validated by the person who owns the object. It is, by the way, OK to be wrong; it will help you to understand the difference. Be relaxed, try to 'slow down' and this energy will be easier to recognise. Imagine your heart slowing, try to think of yourself existing in a different frequency, you are changing your perception to become aware of information that is always there, but now, you can sense it. You are stepping from this ordinary world into something that communicates in a completely different way, a better, more direct and personal way. Your whole body can listen, you leave your normal senses behind you, you 'feel' the information as it becomes part of you, and the physical mind is just the interpreter. Always mention what you visualise or feel and see what you get right, you may be surprised.

Make use of these tools, but let them enhance your skills and abilities, not replace them. If you are drawn to card reading, let the cards guide you towards the answers, and then let your natural psychic intuition 'feel' the rest.

Try these things out on your friends; it will help with both your confidence and your competence.

## **Regular Practice:**

Regular practise is all about getting used to information coming to you from all the different directions and sources, the more you practise the easier it becomes. So what can you do? Try pausing before you do something. For example, when your phone rings try pausing for a few seconds before you answer it, can you tell who it is? Try it when someone knocks at your front door. Try it at work, can you tell when somebody is happy or feeling low or pre-occupied? Try to become universally aware, let your mind and body become a universal antenna to psychic information that flows through and about you.

Often when you begin, the pictures you see are very trivial. Try to find someone who will be patient and understanding, and who will allow you to practise on them. Take your time; it is no use trying to force the information to come through. Above all accept the fact that you are going to be wrong from time to time, the human mind has a habit of trying to fill in the blanks or gaps

when psychic intuition is not forthcoming. Also, perhaps a little confusingly, some of the information that may come through can have no bearing at the time, but only come to light a few days later.

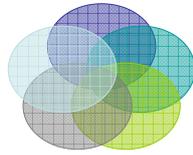
One important thing, if you get a picture or get a feeling about something – pursue it. It's amazing how many people become satisfied with just a little bit of information when there is a lot more to be had. It is possible to pursue these images, ask with your mind to know more about what you are seeing. It's great when you get it right! But more difficult is working out why you got it right. Try to remember what it felt like when the vision came into your mind, and try to recapture the feeling next time.

As in all things, you must find a way or technique that will work for you. You are looking for brief pictures, that seem to arrive all by themselves. So be quiet, close your eyes and relax and make a space for them to arrive. If you get this far you are making good progress and doing very well. If appropriate you will get a positive or negative feeling about what you have seen or felt. This is how psychics work. These negative/positive feelings about what you have seen or felt are used to tell your client which way they should go in a particular situation. Alternatively you may just get more information about an event, if you do, tell the person you are with. But please, do NOT try to be a councillor until you are ready, remember you are dealing with peoples emotions and this takes a great deal of skill and awareness.

Developing psychic gifts is a little like learning to play a musical instrument; we start slowly and practice regularly. Funnily enough mediums are referred to as instruments of spirit.

## Recognising Psychic Information

If you can let go long enough to enter the mystery



Then the mysteries within may just reveal themselves

This section applies to both psychic and mediumship development and concerns our expectations of such phenomena. At its best, psychic intuition, the actual receiving of psychic information, can be so certain and defined that it leaves you in no doubt whatsoever that you are correct. You just know, you become so certain within that it fills your entire being. It's the same with spirit communication; the connection can be so solid and strong that you understand so much more of the message being given. When you get communication of that quality, that level, it is so uplifting, so rewarding that it can move you to tears. You've joined a bigger universe, you are part of some wonderfully constructed existence, and our spirit friends seem so close that we could shake their hands.

But it is not always like that, in fact most mediums, most psychics have to work hard for whatever information that can be obtained. But, this is important, any successful contact from spirit is something to treasure. Any successful and beneficial psychic intuition is a gift. Be grateful that you can connect, for just a moment, with God's universe of spirit. There is a balance to find here, we strive to be as good as we can but we may not always be presented with the information.

The point is, spirit doesn't always communicate in such non-mistakable ways, but often guide and advise in much more subtle ways. If your intention is to make contact with your relatives and friends in spirit, then do not expect discarnate voices hanging in the air, but rather a thought, a memory, a scent, something that just seems to arrive out of the blue. If you wish to follow the advice of your guide, then listen to your inner self, listen to your conscious. Ask questions and look for answers around you in the things you do, the things you see.

Psychic information can be just a subtle, often we do not need the finest detail, just a connection to something recognisable. If we are doing a reading for someone, they will know what you are referring to, we may not need to fully explain every impression, indeed, sometimes it may work out to be embarrassing for the client for us to do so.

So aspire to be better, work at your craft to better understand the information that comes to you. But again balance, take your time and be grateful of any success, no matter how small or insignificant.

## **Predictions:**

Some people are able to predict forthcoming events such as plane crashes, rail crashes or any other impending disaster. This sometimes causes great concern, and understandably because these are often things that we are unable to change. You can't just walk into an airport and say; "excuse me but one of your planes is going to crash". Chances are that they would dismiss you as being mentally unstable or have you arrested as a terrorist.

So why then, do we have these big premonitions?

Often our psychic sense has been giving us little reminders that it is there, small insignificant things, however, we brush these off as being merely coincidence. So, in an effort to get our attention, we see something larger, something more dramatic, this is our psychic awareness waking up and shouting 'look I'm here! Take notice'. It often works too! When people do get these premonitions, they are in fact starting the discovery of their own psychic gift. So, when you finally acknowledge the gift is there, you find that the 'Big' events start to disappear, allowing you to concentrate on developing your skill in a more humble fashion.

Psychic intuition is a thought based talent. It can feel like, you are remembering an experience that was not yours. Often what comes into your mind is a picture, much like a photograph. These photos can be black and white or colour, still or moving like a short movie. But there are also feelings to be picked up. This may not happen so quickly as the photos, as this is a deeper form of psychic awareness, but they may be a lot more important.

It has been said that prediction should account for roughly one third of your reading, although there are always exceptions and different needs. (Personally, I disagree with that and believe that predictions will come as and when required.) Ideally time should be taken to prove your talent by demonstrating your knowledge of someone's past and present. This can do a great deal to help them believe and put them into a better state of reception. It could be, for example; that a deep set problem in the past is revealed to you, you should confirm this. Next try to sense how this affects the person now, again confirm. Finally advice can be given for the future using positive/negative methods as mentioned earlier.

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## **Final Points:**

The role of a psychic or medium often goes beyond just giving messages or making predictions. They need compassion and good communication skills to act upon the information received. Please remember that you are dealing with peoples emotions, as such the medium may need experience in presenting this information. For this very reason please do not expect to be able to give readings/messages immediately. You may even fail, more than you will succeed, and end up spoiling your chances of respect and believability. All mediums and psychic's are only as good as their last reading.

Just about every psychic and medium there is, has at one time or another, asked the question "Am I imagining all this?" It goes with the territory. It is easier to live in what we call '*The Real World*' relying on our senses of sight and touch. We forget there is a sixth sense, just as real as the others. It takes time and you keep going until the maths says that this is no longer a coincidence. Then you start learning a bit more, you get more confused, but we can guarantee there will be some things that you do, feel or just be a part of that will touch you so deeply, that you will keep going.

Of note here is another aspect of both psychic and mediumship development. It is all so easy to become a little proud of yourself and to think that you are 'special.' Let me tell you now, this is the road to disaster and failure! Remember there are a lot of people the world over who do predictions and have psychic abilities; you are someone who is just awakening these skills. This thought will serve you well, be humble and have respect for those you are able to read and you will develop.

One last time, please adopt a policy of respect, you hold within you a special gift and great responsibility goes with it. The people you read will come from many different backgrounds and beliefs. They may come in fear, sorrow and little understanding. Your job is to inspire them and make them feel worthwhile, while being honest and conveying only what you pick up. Take your time to explain things that they may not understand, but be sure not to 'rattle on' beyond what they are ready to hear. Don't preach, people will be coming for advice or to contact a loved one, not to hear a sermon. These skills will come to you, but it is good to think of them from the onset.

## **The Learning Plateau**

The word 'Plateau' means; a relatively stable level, period or state. A level of attainment, achievement, or an area of level land or rock. The term 'learning plateau' I think is an excellent description or expression that fits very well and helps to explain a phase of development that all psychics and mediums go through.

As you learn to awaken your gift, you find things gallop along at a wonderful pace. The more you try, the more things are given to you. Most people just go with the flow when this occurs. But there may come a time when your intuition seems to be turned off! You turn up at your development circle and wonder why nothing happens. You can't sense anything at all, and it seems like your guide has left you. You might feel alone, cut off and like a stranger. This is the 'learning plateau', a time when you need to absorb what you have already learned, a time to reflect and ground yourself. A time when spirit helpers step back and let you catch up.

It is a strange feeling, but it will pass, so seek comfort from those around you, they may have already been through it. But do tell them; especially if you are in a development group, it helps to keep the balance of energy if you let them know what is going on. It should only last a few weeks and when you return you will be ready to move onto your next stage. Use this time to take a break, try not to bury yourself in psychic study but instead just be yourself. Enjoy the beauty around you and be prepared for this to happen a few times, it is necessary for your growth.

## **Developing Mediumship:**

One question that is sometimes asked is, how can people develop their own mediumship skills? While the process is not difficult, what is important is the intent, the sensitivity and respect for others. You must also decide WHY, you wish to develop these skills? Decide if you are doing this to help others or just to contact a family member or someone else. Learning to recognise the subtle presence of our spirit friends around us and the gentle guidance that they impart, is different to working as a medium for others.

Most people train in a development circle or with a teacher and this is something that we strongly recommend. Without someone to guide you, you may not be able to separate the imagination from that given by spirit. A group meeting often means more than one person is able to sense the same spirit person, this is important and shows that you are progressing correctly. A good place to start with would be your local spiritualist church, although most reputable circles are usually full and have a waiting list, also, you usually need to be a member of the church. (See your tutor for details.) However there are workshops taking place where you can learn additional skills and these will help you learn from someone with more experience. Awareness classes are also a very good method of learning and gaining good information from experienced mediums and tutors.

## **Introduction to Meditation**

There are many different forms of meditation and just as many ways to perform them. You can stretch the mind with the various forms of Yoga and the disciplined meditations that is required to enable one to reach Nirvana. You may also like to sit in the lotus position for hours or immerse yourself in chanting or producing the Om sound. But what we require as spiritualists who are trying to create a link with our inner selves and that of the spirit world, we only require some gentle music and peace and quiet to practice in.

## **Meditation Techniques**

There are a lot of people who misunderstand the term Meditation. First and foremost most people think that you must clear your mind, WRONG! You can't, it's impossible. Our brains or minds are far too complex for that, but what we can do is alter the level of our awareness. 2<sup>nd</sup> point; we can not shut out background noise, and in many ways it would be dangerous to do so. So what should we do? Simply play some music that will help you to relax, it will not only drown out most of the hum drum noise you can hear, but will give you a focus point. Even if you can hear traffic or people just keep going. Now there are two ways you can proceed, either imagine a place where you feel happy in, like a beautiful garden with flowers, waterfalls or fountains etc, or, let your thoughts drift by and be aware of them, but not judgemental of them, just let the thoughts go through you as though you were a viewer, an invited one person audience.

With either of these two techniques you might still find your thoughts drifting in all directions, while it isn't wrong, it's good to learn some control, so gently without getting annoyed, adjust your

thinking to where you want to be. If your thoughts start to drift again, then once more gently steer them back on track. It is important to try and remain passive, if you get annoyed STOP! Try later. Things will improve at the proper pace, images will get clearer, they will stay in sight longer, you will be able to follow them and get more. But, it takes time and practice, just like everything that's worthwhile.

There is always an alternative which will help to focus your minds, that is guided meditations, where, during the music a teacher will tell you where to go and what to do. There are also CD's that you can buy for this purpose. Especially good if you meditate on your own.

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**If you believe that there are limits,  
You will work within them**

**If you believe that there are no limits,  
Then you can go beyond the generally accepted  
Methods of communication.**

**Robin Stevens**

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